



National Nutrient Database for Standard Reference  
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Statistics Report 01089, Milk, low sodium, fluid

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	88.20	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	255	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	3.10	8	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	3.46	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	0.78	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	4.46	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	4.46	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
<b>Minerals</b>													
Calcium, Ca	mg	101	11	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Magnesium, Mg	mg	5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	86	9	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	253	11	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	3	10	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	0.38	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Copper, Cu	mg	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	2.0	37	0.120	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Thiamin	mg	0.020	8	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.105	8	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.043	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.304	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.034	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2009
Choline, total	mg	16.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	0.36	7	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	29	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	28	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	105	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	1.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Vitamin D	IU	51	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	01077	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	2.154	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.112	52	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.066	68	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.039	89	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.087	89	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.097	89	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.348	88	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.910	88	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.419	88	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	0.999	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.077	71	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.870	78	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.078	74	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.050	65	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Amino Acids</b>													
Tryptophan	g	0.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine	g	0.140	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.304	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.246	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.207	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.112	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine	g	0.084	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.235	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	0.649	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.169	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003